

## Gold Duke of Edinburgh Kit List

Section 1: Clothing		
ITEM	GOT IT	PACKED IT
1 pair of walking boots (broken in)		
3/4 pairs of walking socks		
2 pairs of sock liners (optional)		
3-4 t-shirts (Avoid cotton if possible)		
Thermal t-shirt (optional)		
2 walking trousers (warm, NOT jeans)		
Underwear		
Nightwear		
Flipflops/trainers/sandals (optional for campsite use)		
Warm hat & or sunhat (as appropriate)		
1 pair gloves (If appropriate)		
1 pair of shorts (if appropriate)		
Waterproof over-trousers		
Waterproof & windproof jacket		

Section 2: Personal		
ITEM	GOT IT	PACKED IT
Rucksack (60-65 Litres)		
Rucksack Liner (or 2 strong bin liners)		
Sleeping bag		
Sleeping mat		
Sleeping bag liner (optional)		
Whistle		
Head torch		
Personal first aid kit/medication		
Personal expedition food (if not arranging with team)		
Emergency rations		
Water Bottle (2 litres)		
Knife/fork/spoon		
Plate/bowl		
Mug		
Wash Kit/personal hygiene items		
Sun cream		
Towel (Small or Microfibre)		
Emergency Money (About £5 in cash is recommended)		

Section 3: Team Equipment (As a team you need the following not individually)		
ITEM	GOT IT	PACKED IT
Watch (Minimum 2 per group – Phones will be sealed)		
Notebook and pen/pencil		
Matches/lighter (in a waterproof/Ziplock bag/container)		
Expedition food (If arranging as a team)		
Washing equipment (Sponge, Scourer, Washing up liquid)		
Camera (Phones will be sealed during the expedition)		
<b>Supplied by Pringle's Peaks</b>		
Map & Compass		
Tents		
Stoves and Gas		

For more information and expert advice about expedition kit, hints and tips, money saving ideas and videos visit <https://www.dofe.org/shopping/dofe-recommended-kit/>

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